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APRIL 2012

Updated 3/22/12

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MON	9:00-10:15am* Zumba® Laury Robirosa (4/2) Anna Prenares (4/16, 4/23, 4/30) No class 4/9	6:00-7:00pm Kickboxing Deborah Vanderwyk No class 4/9
TUE	9:00-10:15am* Step/Sculpt Jill Haff	6:00-7:00pm TBS (Total Body Sculpt) Julie Nunez
WED	9:00-10:15am* Kickboxing (featuring some Boot Camp exercises to work all major muscle groups) Barani Win	6:00-7:00pm Cardio Sculpt Deborah Vanderwyk
THU	9:00-10:15am* Zumba® Ginger Wilson (4/5, 4/26) Anna Prenares (4/12, 4/19)	6:00-7:00pm Hard Core Sculpting Patrice Carney
FRI	9:00-10:15am* Kickboxing Ginger Wilson (4/13) Step/Sculpt Christine Rutherford (4/20) Zumba® Anna Prenares (4/27) No class 4/6	<ul style="list-style-type: none">• All Classes are held at the <u>Community Recreation Center</u>, 969 Kiely Boulevard, Santa Clara, CA 95051.• For information call 408/615-3140• Due to safety reasons, participants arriving 15 minutes after the start of class will not be admitted into class.• For changes and updates, join the Google group- Send an e-mail to tejsals1@hotmail.com. Include your name and phone number. In the Subject line write: PLEASE ADD ME to the SCRC Google Group.
SAT	9:15-10:30am Kickboxing Deborah Vanderwyk No class 4/7	
*BABYSITTING is available for the <u>Monday-Friday morning</u> classes for \$2.50 per child.		

Class Offerings and Descriptions:

Cardio Sculpt: Work all major muscle groups using a variety of equipment. Physically challenging for all levels. **Kickboxing:** Combines punches and kicks of martial arts into choreographed combinations to burn fat and sculpt your body. **Step/Sculpt:** Combines the fun of step with a sculpting segment for increased muscle definition. **Hard Core Sculpting** - A combination of exercises that get your muscles working together to strengthen and sculpt all major muscles while using a variety of equipment. **Zumba®:** A high energy dance workout that combines both Latin and international rhythms with cardiovascular exercise. **TBS (Total Body Sculpt):** This strength training program works all muscle groups for a total body workout.

Drop-in Cost: \$5.00		
Pass Cost:		
# of Classes	Resident	Non-Res.
4	\$14	\$18
8	\$28	\$35
12	\$42	\$53
16	\$56	\$70
20	\$70	\$88
24	\$84	\$105
Passes do not expire & are non-refundable.		

